

Dates: September 10 & January 14

Focus Dance Swedish Folk Dance is a fun and social way of dancing. In addition to gammeldans like waltz, polka, schottische, we will explore Swedish dances like hambo, slängpolska and more.

Dance Instructor: Elise Peters grew up in the Chicago area immersed in her Swedish roots - including language, folk dance, singing and music. She is actively involved in the Nordic community in the Twin Cities and led the Swedish Folk Dance group for many years.

Featured Musicians:

ASI Spelmanslag is the fiddling group of the American Swedish Institute in Minneapolis, MN. They play the traditional folk music of Sweden, primarily from the region of Dalarna.

Twin Cities Nyckelharpalag was formed in 1998 to practice and perform Swedish folk music. Their repertoire is drawn mostly from folk tunes in Uppland, Sweden, where the nyckelharpa tradition has its roots.

Special Guest Musicians:

ASI Lilalag is a youth folk music group made up of young musicians ages 8 through 18. This group learns and play traditional Swedish folk music.

Renee Vaughan (nyckelharpa) and Art Bjornjeld (button box and fiddle) are both longtime Scandinavian musicians and dancers.



Dates: October 8 & February 11

Focus Dance Finnish Dance: Learn the Finnish flavor to the waltz, polka, and schottis-jenkka in Finland. Expand your paired set dance ability with Raatikoon and Humppa in groups, free form, and as a mixer. We will close the evening with a beautiful song dance called Lampaan Polska.

Dance Instructor: Jaana Tutilla is steeped in Finnish traditional music and dance. She is part of Kisarit folk dance group and has taught Finnish dance throughout the upper midwest for years. Jaana also plays with Finn Hall and Lauluaika.

Featured Musicians:

Lauluaika: Finnish for “Song Time,” is a group of musicians who share a passion for singing and playing Finnish folk tunes for audiences who enjoy listening or dancing.

Special Guest Musicians:

Kvinnekraft Mary Klockeman, Kari Tauring and Carol Sersland sing traditional Norwegian folk tunes for dancers.



Dates: November 12 & March 10

Focus Dance Norwegian Dance. In addition to gammeldans like waltz, polka, schottis (reinlender in Norwegian), we will explore the bygdedans or regional community dances such as gangar and springar. We will learn a Norwegian ballad dance and honor our Icelandic cousins with Krummavisur, the Raven's Song long dance.

Dance Instructor: Carol Sersland is the longtime Dance leader for Fjell og Fjord Norwegian Youth Dance Group and Det Norske Folkedanslaget (the Twin Cities Norwegian Dancers and currently leads the TC Nordic Dance group.

Featured Musicians:

Hardingfelelag is dedicated to the performance of traditional Norwegian Hardanger fiddle music. They provide music at Scandinavian dances and events in the Twin Cities and greater Minnesota.

Special Guest Musicians:

Kvinnekraft. Mary Klockeman, Kari Tauring and Carol Sersland sing traditional Norwegian folk tunes for dancers.

Rachel Ulvin Jensen & Solveig Rachel is a hardingfele player along with her mother Janet, and her daughter Solveig. She regularly plays at events and dances and with the Hardingfelelag.



Dates: December 10 & April 14

Focus Dance Danish Dance: Danish courtly and country dances are done in pairs and with groups. These set dances are fun and test the brain! We will also experience Sønderhoning, an intimate couple's dance from Fanø.

Dance Instructor: Sarah Maas roots run deep within the Danish folk dance community. Sarah has been leading Danish folkdance at the Danish American Center for decades. Sarah makes all the dances enjoyable and easy for everyone with her clear teaching style.

Featured Musicians: Ballade is a quartet of long-time friends who have played Danish music for folkdance together for decades. The band name, Ballade, means “mischief” in Danish - and we can be a mischievous bunch with our tune arrangements - while keeping our music eminently danceable.

Barbara Rice, accordion
Christopher Moeller, lead fiddle
Kate Sterner, harmony fiddle
Ruth Lemire, bass



Skandibears play lively traditional Nordic dance tunes including pols, hambo, schottis, sønderhoning, polka, waltz and more. Their unique mix of instruments, nyckelharpa, fiddle, accordion, guitar, cittern and pipes are fun to hear and dance to!

Renee Vaughan, nyckelharpa
Art Bjorngjeld, fiddle and button box
Dan Newton, accordion
Elizabeth Rowan, accordion
Tom Klein, cittern and pipes
Elise Peters, nyckelharpa



Dates: May 12

Focus Dance Gammeldans: Back to basics. Learn the Nordic style of waltz, schottisch, polka and hambo.

Dance Instructor: Carol Sersland is the longtime Dance leader for Fjell og Fjord Norwegian Youth Dance Group and Det Norske Folkedanslaget (the Twin Cities Norwegian Dancers and currently leads the TC Nordic Dance group.

Featured Musicians:

Hütenänny was formed in 2007 by a group of friends that play regularly in the Northern Roots Session in Northfield, Minnesota. Hütenänny primarily plays old-time dance music from the Nordic countries.

Button Boxers are a group of diatonic button box led by Art Bjorngjeld and includes Ted Hodapp, founding member of Tapestry Folkdance.

Special Guest Musician

Keyed Duo. Renee Vaughan and Elise Peters play traditional Swedish tunes on nyckelharpa. Both are longtime Nordic musicians and dancers

